LISTING OF CLAIMS

Please amend the Claims of the Present Application as follows:

1. (Original) An ergonomic handle attached to a cooking utensil at an upward angle substantially between 10 and 25 degrees from a horizontal plane that is parallel to the base of said cooking utensil for stabilized lifting, carrying and tilting of said so cooking utensil, said handle comprising:

an elongated body portion having an upwardly directed concaved surface for forearm support sized to engage a substantial portion of the forearm in an amount sufficient to inhibit sideways motions of said forearms relative to the gripping hand;

said body portion having integrally attached a handle gripping means extending substantially perpendicular to said upwardly directed concaved surface of said body portion wherein said handle gripping means is so positioned on said body portion so as to receive said gripping hand of said forearm such that the wrist is in a unrotated state.

- 2. (Original) The ergonomic handle as defined in claim 1 wherein said handle is heat-resistant molded plastic.
- 3. (Original) The ergonomic handle as defined in claim 1 wherein said handle gripping means is sized to engage a substantial portion of said gripping hand.
- 4. (Original) The ergonomic handle as defined in claim 1 wherein said handle gripping means radiates outwardly at the top end.

- 5. (Original) The ergonomic handle as defined in claim 3 wherein said handle gripping means radiates outwardly at the top end.
- 6. (Original) The ergonomic handle as defined in claim 1 wherein said handle is permanently attached to said cooking utensil.
- 7. (Original) The ergonomic handle as defined in claim 1 wherein said upwardly of said elongated body portion engages between about 1 and 8 inches of the under and adjacent side portions of said forearm.
- 8. (Original) The ergonomic handle as defined in claim 1 wherein said upwardly directed concaved surface is tapered from an elongated broadened width near the butt end of said elongated body portion toward a substantially narrower width near the forward end of said elongated body portion so as to accommodate the natural taper of said forearm and heel of said gripping hand.
- 9. (Original) The ergonomic handle as defined in claim 8 wherein said upwardly directed concaved surface of said elongated body portion engages between about 1 and 8 inches of the under and adjacent side portions of said forearm.
- 10. (Original) The ergonomic handle as defined in claim 1 wherein said butt end of said body portion is molded in a substantially hollow truncated ellipsoid form.

- 11. (Original) The ergonomic handle as defined in claim 8 wherein said butt end of said body portion is molded in a substantially hollow truncated ellipsoid form.
- 12. (Original) The ergonomic handle as defined in claim 1 further comprising a base portion that attaches said handle to said cooking utensil wherein said base portion is position adjacent to said handle gripping means such that sufficient space exists between said handle gripping means and base portion so as to permit said gripping hand to grip said handle gripping means.
- 13. (Original) The ergonomic handle as defined in claim 1 wherein the butt end of said elongated body portion has an aperture for facilitating storing said ergonomic handle.
- 14. (Original) The ergonomic handle as defined in claim 1 wherein the section of said elongated body portion between said hand grip and the butt end of said elongated body portion is shaped so as to permit said section of said elongated body portion to be gripped and lifted by hand.
 - 15. (Original) An ergonomic cooking utensil comprising:

a cooking utensil for the preparation and cooking of foods and liquids; and an ergonomic handle attached to said cooking utensil at an upward angle substantially between 10 and 25 degrees from a horizontal plane that is parallel to the base of said cooking utensil for stabilized lifting, carrying and tilling of said cooking utensil,

said ergonomic handle having an elongated body portion with an upwardly directed concaved surface for forearm support sized to engage a substantial portion of the forearm in an amount sufficient to inhibit sideways motion of said forearm relative to the gripping hand;

said body portion having integrally attached a handle gripping means extending substantially perpendicular to said upwardly directed concaved surface of said body portion wherein said handle gripping means is positioned on said body portion so as to receive said gripping hand of said forearm such that the wrist is in an unrotated state.

- 16. (Original) The ergonomic cooking utensil as defined in claim 15 wherein said ergonomic handle is heat-resistant molded plastic.
- 17. (Original) The ergonomic cooking utensil as defined in claim 15 wherein said handle gripping means is sized to engage a substantial portion of said gripping hand.
- 18. (Original) The ergonomic cooking utensil as defined in claim 15 wherein said handle gripping means radiates outwardly at the top end.
- 19. (Original) The ergonomic cooking utensil as defined in claim 17 wherein said handle gripping means radiates outwardly at the top end.
- 20. (Original) The ergonomic cooking utensil defined in claim 15 wherein said ergonomic handle is permanently attached to said cooking utensil.

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- 21. (Original) The ergonomic cooking utensil as defined in claim 15 wherein said upwardly directed concaved surface of said elongated body portion engages between 1 and 8 inches of the under and adjacent side portions of said forearm.
- 22. (Original) The ergonomic cooking utensil as defined in claim 15 wherein said upwardly directed concaved surface is tapered from an elongated broadened width near the butt end of said elongated body portion toward a substantially narrower width near the forward end of said elongated body portion so as to mainly accommodate the natural taper of said forearm and heel of said gripping hand.
- 23. (Original) The ergonomic cooking utensil as defined in claim 22 wherein said upwardly directed concaved surface of said elongated body portion engages between 1 and 8 inches of the under and adjacent side portions of said.
- 24. (Original) The ergonomic cooking utensil as defined in claim 22 wherein said butt end of said body portion is molded in a substantially hollow truncated ellipsoid form.
- 25. (Original) The ergonomic cooking utensil as defined in claim 15 wherein said butt end of said body portion is molded in a substantially hollow truncated ellipsoid form.
- 26. (Original) The ergonomic cooking utensil as defined in claim 15 further comprising a base portion that attaches said handle to said cooking utensil wherein said

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base portion is position adjacent to said handle gripping means such that sufficient space exists between said handle gripping means and base portion so as to permit said gripping hand to grip said handle gripping means.

27. (Original) The ergonomic cooking utensil as defined in claim 15 wherein the butt end of said elongated body portion has an aperture for facilitating storing said ergonomic handle.

28. (Original) The ergonomic cooking utensil as defined in claim 15 wherein the section of said elongated body portion between said hand grip and the butt end of said elongated body portion is shaped so as to permit said section of said elongated body portion to be gripped and lifted by hand.

29-44 (Cancelled)